

WFB MILE PACE CHART

Mile Time	Per Lap Pace	Lap 1	Lap 2	Lap 3	Lap 4	
6:00	1:30 / Lap	1:30	3:00	4:30	6:00	
6:15	1:33 / Lap	1:33	3:06	4:39	6:15	
6:30	1:37 / Lap	1:37	3:14	4:51	6:30	
6:45	1:41 / Lap	1:41	3:22	5:03	6:45	
7:00	1:45 / Lap	1:45	3:30	5:15	7:00	
7:15	1:48 / Lap	1:48	3:36	5:24	7:15	
7:30	1:52 / Lap	1:52	3:44	5:36	7:30	
7:45	1:56 / Lap	1:56	3:52	5:48	7:45	
8:00	2:00 / Lap	2:00	4:00	6:00	8:00	
8:15	2:04 / Lap	2:04	4:08	6:12	8:15	
8:30	2:08 / Lap	2:08	4:16	6:36	8:30	
8:45	2:12 / Lap	2:12	4:24	6:36	8:45	
9:00	2:15 / Lap	2:15	4:30	6:45	9:00	
9:15	2:19 / Lap	2:19	4:38	6:57	9:15	
9:30	2:22 / Lap	2:22	4:44	7:06	9:30	
9:45	2:26 / Lap	2:26	4:52	7:18	9:45	
10:00	2:30 / Lap	2:30	5:00	7:30	10:00	